

NOVEMBER/DECEMBER 2023

**CNBC44 — LIFE STYLE DISEASES AND
PREVENTION**

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.



1. Define carbohydrates.
2. Outline micronutrients.
3. List the effects of cigarette smoking.
4. Illustrate irregular hunger.
5. Which food cause gallstone?
6. Recall the causes of depression.
7. Define Epidemic disease.
8. Interpret the symptoms of diabetes mellitus.
9. What is stroke?
10. Summarise the benefits of swimming.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Organize the functions of vitamins.

Or

- (b) Classify the lipids with suitable example.

12. (a) Identify the health effects of fast foods.

Or

- (b) Compare the alcoholic and non-alcoholic fatty liver.

13. (a) Classify the renal calculi and add a note.

Or

- (b) List out the causes of memory dysfunction.

14. (a) Distinguish between communicable and non-communicable disease.

Or

- (b) Highlight the physical agents causing cancer.

15. (a) Organize the benefits of yoga.

Or

- (b) Analyze the best way to improve food habit.



SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Appraise the functions of dietary fibre.

17. Explain the causes, symptoms and treatment of mobile vision syndrome.

18. Evaluate the sign and symptoms of food poisoning.

19. Discuss the types and dietary management for diabetes.

20. Elaborate the role of outdoor games in health maintenance.